

# ROCK HARD ABS

WORKOUT

by DAREBEE

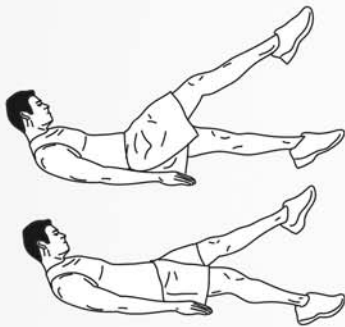
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest



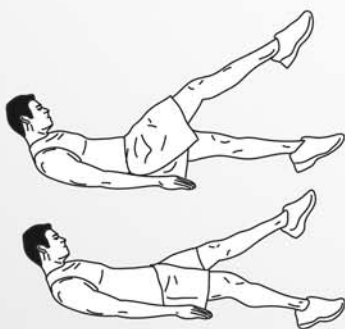
**20** flutter kicks



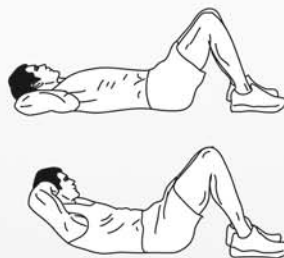
**10-count** raised leg hold



**10** heel taps



**20** flutter kicks



**10** crunches



**10** heel taps